

Aftercare – Dermal Fillers

Congratulations!

You have just had premium dermal fillers with Dr Aaron, one of the most respected Cosmetic Physicians in Australia! Dermal fillers add or restore volume to targeted areas of the face to improve contour, definition and deep wrinkles. They are also popular for plumping lips, straightening noses, and rejuvenating & augmenting intimate areas. The dermal fillers used by Dr Aaron are TGA approved and of the highest quality. Depending on your treatment, you may have had a hyaluronic acid dermal filler, a collagen stimulating filler, or Dr Aarons exclusive NewStem™ treatment.

Please refer to the below information to ensure the best outcome and optimal healing.

What to expect.

- The treated area may be numb for a few hours due to the use of local anaesthetic.
- Bruising and swelling may occur, and may be uneven. This will improve gradually over 7 days.
- You may experience some discomfort at the treatment area for 2-3 days. Please take over-the-counter pain relief as necessary for this.
- Small lumps may be present. These generally resolve gradually over 4 weeks.
- If you have had collagen stimulating injections, you may notice a loss of effect over the first 6 weeks. This is normal. The result will return as your body makes collagen over 3-6 months.

What to do.

- Apply ice gently to the treated area to reduce swelling and bruising.
- Please avoid applying makeup to the treated site for at least 4 hours to reduce the risk of infection.
- Avoid strenuous exercise for 24 hours to reduce the severity of swelling and bruising.
- Refrain from hot showers and other high temperature environments for 48 hours to reduce swelling.

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- Abstain from excessive alcohol for 48 hours to reduce the risk of bruising.
- Delay any non-urgent invasive dental procedures for 2 weeks to reduce the risk of infection.
- If you have a history of cold sores, Dr Aaron may suggest a dose of antiviral medication (famciclovir). Please get in touch if you are not sure whether to take this.

When to get in touch.

If you:

- Develop worsening pain or swelling.
- Notice any changes to your skin, including hives, rashes, pustules, whiteness, discolouration or blisters (urgent).
- Have concerns about your treatment.

If you develop any of the below symptoms, please present to your nearest emergency department immediately or call an ambulance.

- Swelling around the eyes or airways.
- Difficulty swallowing, speaking or breathing.
- Impaired vision.

You may be interested in the following treatments that can complement your dermal filler treatment:

- [Anti wrinkle injections.](#)
- [Jawline slimming.](#)
- [Fat dissolving.](#)